



## Episode Transcript – 033

### Discerning Your Not Knowing

#### Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

#### Main podcast

Hi, this is Jenn Shallvey and welcome back to the Remembering to Be Me podcast. Today is a new direction for the podcast. I have finished a couple of series and some random posts, but today I just feel inspired to just talk about a topic. And I've picked one that I've called 'restoring your faith in humanity'. And I have a reason for this, which I'll share in a minute. I love the phrase and I do not know why, but I use it a lot. And I usually say it actually out loud to somebody who has done something that surprises me because of the kindness, the compassion, the care, the generosity that they show to another person, usually me, because it's affecting me, I'm noticing it and I'm seeing it. And it's the little tiny things that people do like that on an everyday basis that brings me so much joy that I wanted to actually talk about it in actual episode.

I don't think a podcast can do enough for this because I really want you to think about this in your own world. I really want you to reflect on this and how it happens in your space. And then I want to also turn around and say, how are you doing that in your world? How are you as an individual restoring other people's faith in humanity. It's not just about receiving. It's also about what we do outwardly for others as well. And to me, this is more than kindness. This is more than the kindness movement. This is more than being a happy person. This is about intention from the heart, but living and breathing and just doing, because that's who we are, not just because it's what we should be or someone tells us to do.

And so today my inspiration is simply because of a random stranger who now of course isn't really a stranger anymore, but at the time it would have been random. I went for my walk today and this is my energy reset, my mood stabilising, my sanity check. I need to go walk and I need to somehow be near some trees and things just get out there. So today was a very nice walk and I was mindful of where I was going and not getting in the way of other people who were also doing the same thing. So I took a path that was longer than usual, but allowed me to go and just get that energy and enjoy the outdoors and be free.

On the walk I lost my wallet. And I carried it because I needed to carry it to make sure I had that in case I needed it. And it's just a little pouch that I put in my pocket of my jacket. And usually I sit there and I say, have I zipped my jacket up? And today I obviously didn't do that. And the sun was out and it was warmer than usual. So I had wrapped my jacket around my waist and somewhere along the walk my little pouch fell out. Now I am moderately active. I'm not a super fit person. So



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today I did a really long walk and it was longer than usual. And I didn't realise that I lost my wallet till I got almost home. And I'm not kidding I was literally trying to run to the house thinking, did I leave it at home? I must have put it on my or something. I get there. It's not there. I can not tell you how frustrating that was.

So I was okay. I have two choices either. I go back out and walk the whole route again, or I just give up. No I'll give it one more go. So I traced my route and rewalked the whole route. Which is now a comedy and reflection because what I ended up doing was being very socially respectful of the people in the space that we had between us. But I ended up talking to many different people along the way of my walk saying, 'have you seen a lost wallet on your walk?' And what I loved was the genuine concern. The willingness to help the random people that said, 'no, I haven't seen it, but if I see it, I'll, I'll do something I'll turn around and find you.' Or, you know, there was just so much willingness to help me or empathy, genuine empathy for a full-on stranger. And I wasn't in distress. I was just like, well, I might as well ask the person who's already coming towards me because they've been where I'm going.

So I did this route twice today, one, one path I lost the wallet second path. I had no chance of finding it. And I was very blessed though, to encounter a few people who were beautiful human beings that wanted to help, even though they couldn't help. It was a really lovely reminder for me that there are nice people out there and we do care about each other.

I got home and I let it hit me for a second because you know, it's a frustration. So there was an emotional response in me and I let that out and I processed that and then I let it go. And then I called my family because none of them are with me at the moment. And just said, can you just say a few lovely prayers or thoughts or something just to see if it comes back into my world. And then I let it go. And I put on some music to enjoy.

And as I was sitting there having my lunch, I got a knock on the door and at the door are two gorgeous little kids who have just put the wallet down on the front doorstep for me. And I said, oh my gosh, you're so wonderful for returning that. And I'm thinking, well, they're just little kids. They wouldn't be by themselves. And I said, are your parents with you? And they said, yes. So I walked outside and they were in the car. The kids had gotten in the car. And I said, thank you so much from the bottom of my heart, for your kindness in returning my wallet. And what I loved was that the person who returned it had gone through all the effort of finding out how he could try and reach me. So he'd even sent me an email through my business website, but I hadn't actually checked those emails yet. So I didn't see it.

And so here I was getting an experience of genuine kindness. There wasn't even a second where I had to worry about someone taking this. And it just made me feel so much better thinking that there are people out there that would just, I mean, I would do this if I found someone's wallet, I would have done the exact same thing. But it was really nice to have somebody else do that and to know that there are helpful people that just want to do the right thing and it felt so good. And so, as I said, it restored my faith in humanity because of that.

So that's one example. I had another example where I had a delivery to somebody and I won't go into all the details about that. But I sent something to somebody. Had the wrong address. Called the store. It was already in the process for being delivered. I got in contact with the delivery driver and



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they hadn't yet received it, but were more than happy to help me by making sure it got to the right address, even though their system couldn't change that. And it was a human being at the other end of the transaction saying, don't worry, I'll make sure it all gets sorted out. And they could have just said, not my problem. This system says that it's in the system and it's going to go where it's supposed to go. Just like the wallet on the ground could have been left by somebody. Oh, I'm not going to pick that up. I don't know what that is. It's not mine. And leave it there. Maybe they'll come back and find it.

So I'm just giving you those two examples because they're just little tiny day to day examples. And just think of all the hundreds of things you have happening in your day. Whether it's a call centre person that you have to inquire about something with whether it's a person that you have on the other end of a transaction, whether it's a client, whether it's a supplier, whether it's somebody that you work with in your business world. Every single day, we have multiple opportunities of connection with other human beings. And it is an opportunity to restore our faith in humanity every single time. Isn't it.

And that just really hit me. It just kind of floored me that well, I'm used to doing that for other people, but gosh, it was so cool to have it happen back to me. And I just loved that. So like, I'm the first person to, if I get really good service, I'll send a note off to tell the company or the manager or something, how great the service was. Most people want to just go online and rant and rave about how horrible it was as evidenced by things you see online. And where are the things that are positive in the world around what people do that are good.

I know, I, I know this is going to sound silly, but I had one where my daughter needed a computer device for her university. And this was part of her experience. And we went looking and looking and looking. And the one we decided on the store that we had gotten all the help from didn't have it in stock for quite a few months. So we couldn't get it from that store. And we had to get it because of time from another store. I actually wrote a note to the store saying that that person that had helped me at that store was absolutely fabulous in the way the person did their work. And I was really impressed and dah, dah, dah, and then sure enough, I go into that store and other time to get something else for my business. And the person said, 'Hey, thanks for the note.' And I said, 'oh, just a little something.' He goes, 'Oh no, don't worry. I've got embarrassed by the team. They put it up on the wall and they've pointed out that this person said all these lovely things about me' and I thought oh gosh, I hope I didn't cause too many problems. He goes, 'no, it's great'. But I didn't do it because I wanted any recognition for it. It's because I genuinely believed that that person needed to be acknowledged for his service, even though he didn't get a sale out of that transaction. But he got my business for that store.

And it's little things like that, that I just, I genuinely genuinely get excited about. I just, I love the little things, you know, um, there's a cafe that I like to go to. Um, I used to go to one that's no longer open anymore and I really missed that one. But I remarked about how, even in the lockdown that we're currently in and we can only get takeaway how much service they can provide through that. And I ordered something of the day to be delivered to home as a treat for the day. And the note that came with it was to say hi, and there was a little extra little treat in there and didn't have to do that, but they know my business because when we're not in lockdown, I will go there frequently. And I can speak to the person who runs that cafe on a first name basis. And I just want to think again, restores



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my faith in humanity, that there are human to human transactions where we know each other's names and we actually smile at each other. And we got out of our way to help each other in genuine efforts. And I'll do that with that place and I'll do what I can to help other people. But I really, really love the idea of that.

So today I want you to think about that. I want you to just take a moment and go what restores my faith in humanity? What do I see every day? What are some people in my world that have done that for me, that I could even acknowledge without trying to make it about me, but just saying, how can I acknowledge that? And the more you look for it, the more you see it, the more you feel uplifted in the contrast to so many other things in our world that can take us out of that space. And I really believe that that's like a tonic almost of our day-to-day world with all the bombardment of news and sensationalised headlines and things that want to just bring you back down is that can actually remind you that we are all connected.

And then the other side is what are you doing in your day to day because of the way you are and who you are and the behaviour of your personality? What do you do that restores the faith in humanity of others? What would they be talking about right now to somebody in their household or their friend network about you. Not gossip. But how have you touched somebody's heart and made them feel better because of the way you are in the things you do? Little, isn't it simple, easy, really, really easy. And not only does it make you feel better, but it also makes a lot of other people feel better. It's like a smile with an action behind it, isn't it. And then all of those smiles together collectively can, I think counteract a lot of the other things that are going on right now.

So that's my message for today. And it's a little bit different and it's just me dropping in and doing what I do here, which is kind of going off into a tangent. But I just wanted you to think about how you do that in your life and acknowledge some of the amazing experiences that I have, and really give credit to the people that are out there that do this just because of who they are. So thanks go out there and restore some faith in humanity. Thanks.

### Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website [www.jennshallvey.com](http://www.jennshallvey.com) That's J E N N S H A L L V E Y .com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."